

The Breeze

JMU'S AWARD-WINNING NEWSPAPER SINCE 1922

APRIL 22, 2021 VOL. 99 NO.27 BREEZEJMU.ORG

TRIAL BY FIRE

JMU nursing students aid
COVID-19 patients
amid hybrid learning
CULTURE | 14

Harmful stereotype
Asian women and men are
objectified by sexual obsession
OPINION | 12

Earn the respect
Football gears up for playoff
game versus VMI
SPORTS | 18

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NEWS 6 **STRIKING STUDY**
THE NATIONAL SCIENCE FOUNDATION
HAS FUNDED JMU LIGHTNING
RESEARCH

CULTURE 15 **KOREAN CUISINE**
THE 'BURG'S STOP FOR BIBIMBAP
OFFERS AUTHENTIC ASIAN MEALS

SPORTS 20 **ADAPT AND GROW**
FRESHMAN STUDENT-ATHLETES
HAVE DEALT WITH A HARDER
TRANSITION THAN USUAL

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Published on Thursday mornings, *The Breeze* is distributed throughout James Madison University and the local Harrisonburg community. Single copies of *The Breeze* are distributed free of charge. Additional copies are available for 50 cents by contacting our business office. Comments and complaints should be addressed to Katelyn Waltemyer, editor.

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v11.05.20

Vaccine vacancy

COVID-19 vaccination appointments open up for JMU students

By **ASHLYN CAMPBELL**
The Breeze

As the access to COVID-19 vaccines continues to expand across the United States, JMU students were invited to get vaccinated last week through Virginia Department of Health (VDH) appointments sent out by JMU.

Tim Miller, vice president for student affairs, sent several emails to students with registration links for vaccine clinics between April 12 and April 16 after the Central

Shenandoah Health District (CSHD) transitioned into Phase two of COVID-19 vaccinations April 9. Phase two allows anyone 16 and above living or working in the CSHD to be vaccinated, according to the VDH website for CSHD.

Jake Nurney, a junior music industry major, said he was “absolutely thrilled” when he found out there were appointments available for JMU students.

“It’s been just a long year of being stuck in this pandemic,” Nurney said. “To get vaccinated, it felt like a sigh of relief, you know, a

sense of a little bit of a semblance of normalcy and a sign that things are finally going to return back to normal.”

The vaccine clinics available for JMU students were located at the JMU Convocation Center and Lexington, roughly a one-hour drive from Harrisonburg. In an email to The Breeze, Miller said that the VDH offered appointments in Lexington because of the size of the CSHD.

“Our health district is incredibly large, and we know that earlier in the semester, we heard from many faculty, staff and students driving long distances to get the vaccine,” Miller said in the email. “We wanted to share all of the options available to everyone to get the vaccine, as well as offer access to different vaccines as well.”

Chris Walton, a junior computer science

major, said getting vaccinated through VDH appointments sent out by JMU was a “good opportunity.” He said he was happy with how JMU handled registration for vaccination appointments.

“I was actually really excited,” Walton said. “I did not think I was gonna get vaccinated anytime soon being, you know, a young college student.”

Walton was initially scheduled to be vaccinated April 12 but said the clinic at the Convocation Center lost several appointments when a system error occurred because of the large number of appointments being made. Despite this, he said he was able to get vaccinated that Wednesday because of a “great recovery” by the vaccination clinic.



The Central Shenandoah Health District moved to phase two of COVID-19 vaccinations April 9. Courtesy of University Unions Technology & Design



Nurney said getting vaccinated at the Convocation Center took about 25 minutes. Photos courtesy of University Unions Technology & Design

“It’s so fast and easy just to go in and get out,” Walton said. “They hold you for 15 minutes to make sure you don’t have an allergic reaction, which they do for all inoculations. But ... it is so convenient and so easy.”

Nurney also received his vaccine at the Convocation Center and said both the registration and vaccination process was super easy. Nurney said getting vaccinated took about 25 minutes, from parking to leaving the Convocation Center.

“The process was super smooth,” Nurney said. “Everybody working there was really, really helpful and just ensured that we could get through the vaccination process as easily as possible.”

Miller said in an email that he’s been at most of the clinics for students, faculty and staff and said there was a “strong attendance” from both JMU and surrounding higher education institutions. Due to health privacy laws, Miller said JMU can’t track the number of students getting vaccinated but is asking students to provide information about COVID-19 vaccines on immunization records and in JMU’s health chart.

The VDH provided walk-in vaccinations April 16, which Miller said was a “good sign.” Miller said there are currently enough vaccines and time slots to offer vaccines to anyone at JMU who wants one.

Walton said he decided to get vaccinated to protect himself and those around him, like his parents, before traveling home over the summer.

“I’m most excited about being able to just spend time with my extended family and my relatives because we’ve been trying to keep our distance from them just because they’re older and more at risk,” Walton said. “Now that they’ve gotten their vaccine ... I’m looking forward to being able to safely and properly see them again.”

Nurney said he took advantage of the vaccination clinic at JMU for “peace of

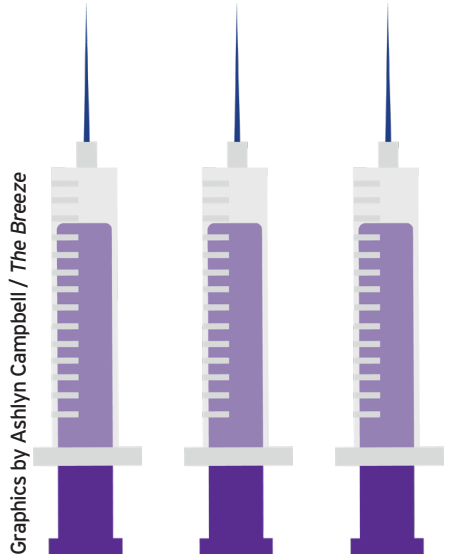
mind” and to take part in making sure the U.S. can return to normal. Nurney, who plays tuba, said he missed listening to and performing live music.

“I’m kind of itching to get back onto that stage without all of these extra limitations that we have and feeling like I can perform with my peers in close quarters because that is almost what makes music-making worth happening,” Nurney said. “All of the socially distanced performances have been really hard and taxing mentally, so I’m just excited to get back to the normal swing of things.”

Walton emphasized how easy and fast the vaccination process was and said he encouraged students to take advantage of the opportunities provided through JMU.

“A lot of people, especially as finals week’s approaching, I think they feel like time is at a premium, which it is,” Walton said. “I think that I would just want [students] to know that it is so fast ... There may not be another place or time that it’s this easy.”

CONTACT Ashlyn Campbell at campbeab@dukes.jmu.edu. For more coverage of JMU and Harrisonburg news, follow the news desk on Twitter @BreezeNewsJMU.



Graphics by Ashlyn Campbell / The Breeze

“It’s been just a long year of being stuck in this pandemic. To get vaccinated, it felt like a sigh of relief, you know, a sense of a little bit of a semblance of normalcy and a sign that things are finally going to return back to normal.”

Jake Nurney
Junior music industry major



Walton encouraged other students to take advantage of the vaccination opportunities JMU’s providing.



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Thursday, April 22, 2021

Head in the clouds

Graphics by Ashlyn Campbell
/ The Breeze

NSF to fund two-year lightning study at JMU

By **ELEANOR WEBER**
The Breeze

JMU researchers from the geography department, which has recently been recognized as the nation's top undergraduate geography program, are preparing for a two-year study that'll look into human impacts on the frequency and intensity of lightning. The American Association of Geographers (AAG) recently recognized JMU's School of Integrated Sciences as one of two recipients of the 2021 Award for Bachelors' Program Excellence in Geography.

"You really have to give the entire faculty credit for that," Mace Bentley, a geography professor who was involved in applying for the recognition, said. "That's the whole faculty from geographic science that has contributed to those rounds of application."

Bentley said that departments from schools across the nation compete for the AAG award JMU was granted. The department went through four rounds of competition and faced reviews before being recognized.

Still ecstatic about the recognition, Bentley and his team are shifting their focus to the study funded by a \$450,000 grant from the National Science Foundation (NSF). Bentley, who's the principal investigator of the study, is teaming up with four other professors including Tobias Gerken (Integrated Science And Technology (ISAT)), Henry Way (geographic science), Dudley Bonsal (geographic science) and Zhuojun Duan (computer science).

The exploratory research will follow data from three cities — Washington D.C., Kansas City, MO, and Salt Lake City, UT — to study one "confounding" element of lightning:

aerosols. Bentley said the team's looking at cities in particular because they have major impacts on thunderstorms through the heat and pollution they create.

"It goes a lot beyond lightning," Bentley said. "Thunderstorms produce hail, flooding rains, as well as lightning — there's some real impacts on infrastructure. Cities are densely populated, so the impacts are high."

The researchers plan on data mining the observational data sets already available through the National Weather Service, NASA AERONET robotic network and the National Lightning Detection Network. Bentley said research in this area is still very "cutting edge," which makes the grant even more of an advancement.

"There's still a very fundamental understanding of how these variables work," Bentley said. "[It's] still at the very ground floor. We're hoping to advance that and publish and present on it as well."

Examples of aerosols can be found in automobile exhaust, factory emissions and sea salt. Aerosols attract water, and each cloud droplet has aerosols at its core. Gerken said the research team is trying to understand the relationship between lightning and the amount of aerosols put into the atmosphere — something Bentley said is under-researched.

"We're going to go back in time instead of forward in time, and we're gonna build a historical examination of lightning and thunderstorm distributions, overlaid with aerosol properties, overlaid with atmospheric properties," Bentley said. "We're going to try and develop some correlations of those different data sets to hopefully inform modelers in the future."



Bonsal said the study will give participating undergraduate students the opportunity to work at a level comparable to graduate research. Rose Stuard / The Breeze

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Thursday, April 22, 2021

Bonsal, whose focus is in geographic information systems, said the research will eventually lead to a system where the data's consolidated and can be used for other purposes.

"It's not like you dive in and start making maps right away," Bonsal said. "The data we're dealing with has to be put in a database that we can work with pretty easily. It's about how we can visualize this phenomenon and make the

maps that can inform us about what's going on."

With the NSF grant, the program will be able to hire a set of undergraduate student researchers to participate in the study over the next two years. During the first year, there'll be an anticipated six students: two from computer science, two from ISAT and two from geographic science. Bonsal said the students will have an opportunity to participate in a study comparable to graduate-level research.

"Early on, they're going to be dealing with huge amounts of data

and creating those data sets and making them analyzable," Bonsal said.

Bentley said that the multidisciplinary aspect of the research will serve the group well and is a critical aspect of the study.

"We're going to, of course, work all together," Bentley said. "One of the things we want to emphasize is the fact that some of the best research comes out of interdisciplinary work. When you get a group like this together, it's going to be a lot of really great brainstorming activities."

An anticipated 12-15 student researchers will be included in the study over the next two years, Bentley said. Applications for student researchers are due May 7.

The research is set to begin soon after the student researchers are selected early this summer. Professors involved in the research, including Gerken and Bentley, anticipate insightful findings. Bentley said that departments across the school will be able to share the results in classrooms as well.

"There's going to be a lot of big steps and then a lot of baby steps, and maybe even some steps where we step backwards every once in a while simply because that's how projects like this progress," Bentley said.

Gerken said he's especially excited

to be working with students because it'll be the first major opportunity to do so since he began teaching at JMU in 2020. He settled into his role during the pandemic and said he hasn't had an opportunity to focus extensively on research or meet many new faces.

"I hope it's going to be a good way to connect with students, which has been more difficult over the last year because of the situation [with the pandemic]," Gerken said. "Not only do I think [students will find it] interesting and intellectually challenging, but they can also work on skills that are sought after such as data processing, working responsibly with data, teasing out information and, hopefully, telling stories with the data."

CONTACT Eleanor Weber at weberea@dukes.jmu.edu. For more coverage of JMU and Harrisonburg news, follow the news desk on Twitter @BreezeNewsJMU.

"There's still a very fundamental understanding of how these variables work. [It's] still at the very ground floor. We're hoping to advance that and publish and present on it as well."

Mace Bentley

Geography professor



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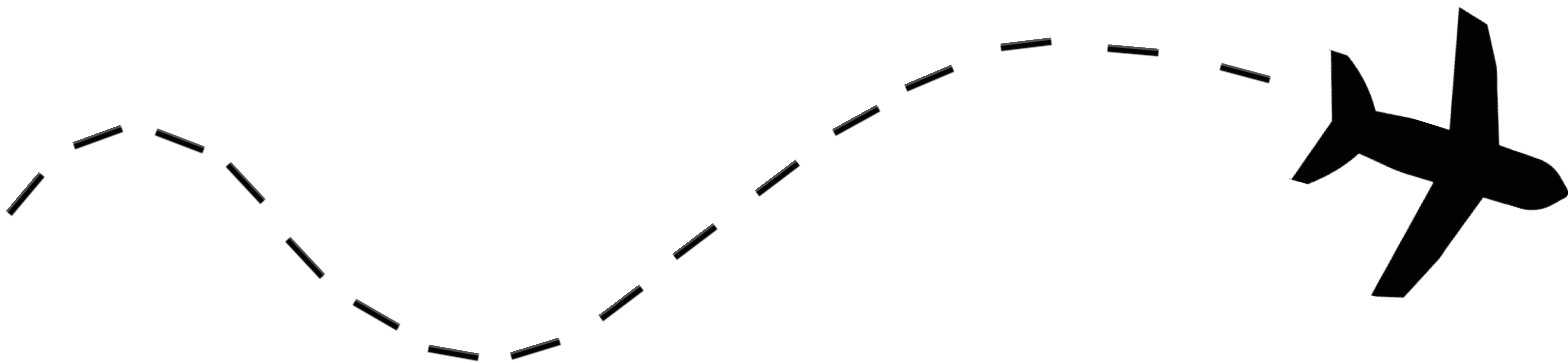
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Thursday, April 22, 2021

Dukes go global... sort of

JMU opens up study abroad options for students



In a normal semester, JMU sends about 1,500 students around the world in 80-90 short-term programs.
Breeze file photo

By **MICHAEL STALEY**
The Breeze

The Center for Global Engagement (CGE) has recently approved a limited number of study abroad programs to happen in the upcoming summer months and fall semesters. The programs being offered during the summer and fall semesters are to countries where COVID-19 is less prevalent.

Taryn Roberts, director of JMU’s study abroad program, describes in an email some of the challenges and positive aspects about going forward with several study abroad programs in the summer and fall.

Roberts said the biggest priority of CGE is the safety of both JMU students and the communities they’ll be immersed in. With the ongoing pandemic and the uncertainty around COVID-19, most of the upcoming summer study abroad programs have either been canceled or shifted to an online format.

“The CGE has expanded the lens for assessing risk to include a multitude of inputs and indicators that better inform us on the relative safety of supporting students and staff in any particular region of the world,” Roberts said in an email.

Some study abroad programs have been approved for the summer to a limited number of students with restricted activities. Roberts said that program leaders are in close discussion and are making “at-will” plans in case of the severity of the pandemic.

Maddie Stein, junior health sciences major, is on track to participate in a study abroad trip in May. Stein said that the final approval for this trip to Costa Rica was made recently.

“It was frustrating not knowing if this trip was happening or not,” Stein said. “However, I feel safe going to this program — they care about our safety.”

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Some study abroad programs have been approved for the summer to a limited number of students with restricted activities. Breeze file photo

Stein said she was most looking forward to immersing herself into Costa Rican culture and speaking Spanish for a majority of the time at her homestay family’s house.

In a normal semester, Roberts said in an email that JMU sends about 1,500 students around the world in 80-90 short-term programs and five key semester-long programs. Due to the pandemic, CGE has temporarily shifted the educational aspects of these programs into virtual classes.

Roberts also said in the email that virtual recruitment and info sessions for study abroad programs will remain if students think they’re helpful.

John Krendel, junior international business major, said he’s doing a study abroad through the American Council for Study Abroad instead of through JMU. Krendel will be going to Thailand from June 17 to Aug. 14.

The international business major requires either a JMU study abroad for at least one semester or a semester-long internship in a country where English isn’t the primary language. Krendel said that the Taiwan study abroad trip has 40 people representing 29 different colleges and universities across America.

“I’m excited to immerse myself in the Taiwanese culture,” Krendel said, “especially the Taiwanese cuisine.”

Krendel said he was supposed to go to the Antwerp program for COB 300 in fall 2020 — the program was canceled due to the pandemic. Krendel and Stein both said that weekend excursions and interactions with people will be limited to reduce exposure to COVID-19.

Kirsten Scher, sophomore marketing major, said she’s going on the Antwerp study abroad trip for COB 300 in fall 2021. She said the College of Business seems “very confident” in sending students on the trip.

Scher said this program takes a twist on the COB 300 curriculum by offering

European certifications and opening opportunities to different companies in Europe. She said the COB 300 curriculum in Harrisonburg involves making business plans.

Scher said the program is allowing for weekend travel except for the weekends of the midterm and the final exam for this project. She also said that a 10-day trip around France, Germany, Hungary and the Czech Republic will happen at the end of the semester. However, she said, none of that is set in stone.

“It’s frustrating that things aren’t definitive yet,” Scher said.

The trip to the United Kingdom for the current semester was canceled due to the strict COVID-19 travel bans in place. Scher said that she’s excited and feels safe going to Antwerp for her semester abroad but is nervous about being in a foreign country for three months.

Roberts said in an email that she suspects that a hybrid of both in-person and virtual study abroad programs will be offered throughout this next academic year, easing the process to return to the full capacity of these programs once it’s safe.

Roberts said that scholarship opportunities are still available for students interested in these programs, but there’s a limited number that JMU currently offers. CGE offers outside resources to connect students to different scholarships and grants that can be applied to study abroad.

“I’ve never heard someone say they didn’t like a study abroad program they went on,” Krendel said. “If the opportunity is there, you should take it.”

CONTACT Michael Staley at stale2ma@dukes.jmu.edu For more coverage of JMU and Harrisonburg news, follow the news desk on Twitter @BreezeNewsJMU.



The programs being offered during the summer and fall semesters are to countries where COVID-19 is less prevalent. Breeze file photo



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Thursday, April 22, 2021



Want to praise someone or get something off your chest? Darts & Pats is the place to do it. Submit your own at breezejmu.org.

A "What's-going-on?" dart to the traffic light on Main St. that's always broken.

From someone who needs to get to class.

An "Is-that-necessary?" dart to the guy who blew past me doing 50 in a 35.

From someone who also has places to be.

A "Relax!" dart to my friend for always trying to start some political debate.

From someone doesn't want to argue with you.

A "Thanks!" pat to my professor for teaching a great class this year!

From someone who's had a great time this semester.

UNNECESSARY SUFFERING

Calorie tracking assignments can create unhealthy eating habits rather than preventing them

ALEX DAVIS | alex's angle



About 6% of women on college campuses are anorexic or bulimic, according to a 2015 study by Schwitzer and Choate. This may sound relatively small, but the percentage rises to 40% in the same study when one considers those who report body image concerns along with weight management behaviors and out of control eating.

In many of JMU's HTH and KIN 100 courses, the two options for the wellness domain general education requirement, students are required to track their meals and calorie intake. This can be a harmful practice for students who have eating disorders.

A common practice for people with eating disorders is to meticulously log each meal and track calorie intake, according to Licensed Health Counselor Rachel Relkin. The path to recovery isn't linear, and this assignment in health classes may cause students who've recently overcome an eating disorder, or are currently working toward recovery, to regress back to their former ways.

A seemingly simple solution would be for professors to offer students the opportunity

to opt out of the meal-tracking assignment. Indeed, some professors do stress that an alternative assignment can be worked out for any students who are uncomfortable tracking their food and calories.

There are several reasons that including this assignment in the standard curriculum is damaging regardless of whether alternative options are offered. Firstly, students might not feel comfortable admitting to their professor that they have an eating disorder. A second concern is that a calorie-tracking assignment forces students to make a decision they might not be ready for: whether or not they're mentally prepared to track their calories for class after having experienced disordered thoughts about food in the past. This decision alone could distress a student.

Calorie tracking can also cultivate a negative relationship with food among students who haven't experienced disordered eating before. Forcing students to pay close attention to how much they eat in a day and how many calories are in the food they consume may bring students to fixate on



Monitoring calories for class assignments may create stress, anxiety and eating disorders. Siora Photography / Unsplash

their food and diet in unhealthy ways.

Clearly, there are many issues with requiring students to record their meals and track their calories. This begs the question: Why did the wellness domain classes ever think to put this activity in their curriculum?

The Breeze reached out to Jana Walters, the professor who created and installed the assignment in question, on April 7 and April 12 via email but didn't receive a response.

There's a common misconception that the principal dietary health concern for students in their first year of college is the "Freshman 15." This belief puts universities' focus on obesity prevention. The National Eating Disorders Association (NEDA) debunked this myth in their 2013 national survey of programs and resources when they presented the findings of a 2011 study by cross-disciplinary researcher Jay Zagorsky: Freshmen actually gain between 2.5 to 3.5 pounds on average, only half a pound more than their same-age peers who don't attend college.

Ill-founded, anti-obesity campaigns on campuses can do more harm than good. The principal concern is that they exacerbate students' disordered thinking about food. Moreover, they may bring these harmful thoughts to fruition for students who hadn't paid much attention to what they ate in a day before their class made them take it into consideration.

The HTH and KIN 100 classes at JMU should consider removing any sort of calorie or food tracking assignments.

Alex Davis is a freshman business management and media arts & design double major. Contact Alex at davis8aj@dukesjmu.edu.



Forcing students into unhealthy eating habits is wrong. Artur Łuczka / Unsplash

Editorial Policies

The Breeze
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Letters and guest columns should be submitted in print or via e-mail and must include name, phone number, major/year if author is a current student (or year of graduation), professional title (if applicable) and place of residence if author is not a JMU student.

No time for debate

All vaccines are effective, and arguing about which to take invalidates and slows the process

Available vaccines have similar efficacy and side effects. Hakan Nural / Unsplash

LIZ RICCIO | rags to riccio



As COVID-19 vaccines become available to more people, it leaves many asking the question: Which vaccine is best? This debate has sparked controversy across the country and has left many doctors, scientists and reporters who support the use of the vaccine desperate to set the record straight. The Centers for Disease Control and Prevention (CDC) announced that the vaccines offered in the U.S. are Johnson & Johnson (J&J, Janssen), Pfizer-BioNTech and Moderna. Despite the slight variations of dosages, minimum age to receive the shot and side effects, each vaccine is effective and necessary in bringing an end to the now over-a-year-long pandemic.

The differences between the vaccines and their side effects may seem intimidating, but there have been multiple trials done for each vaccine to ensure their safety and efficacy. According to the CDC, the J&J vaccine can be given to those 18 and over and only requires a single dose. Side effects consist of symptoms similar to the common cold and are expected to decrease within a few days of receiving the shot. This is the newest vaccine rollout, and according to Reuters, it's been proven to be 72% effective in the U.S. population.

While it's still effective, the European Union (EU) found the J&J vaccine to be

linked to rare, yet serious, blood clots. The New York Times reports that the US has paused rollouts of the vaccine, while the EU has warned about this rare side effect. Beyond issuing this warning, the EU will continue to offer the vaccine to those who wish to receive it.

The first COVID-19 vaccine to be offered was Pfizer, which can be administered to those above the age of 16 and is given in two doses that are three weeks apart. The Food and Drug Administration (FDA) reports that side effects have been seen most often after the second dose is administered and may include pain in the arm of the shot, fatigue and fever and some may experience joint or muscle pain. Pfizer was the first COVID-19 vaccine to be released and has proven to be successful, reporting a 95% efficacy rate.

Moderna was the second COVID-19 vaccine to be released for public use. The CDC explains that it's different from Pfizer in that it requires two doses given four weeks apart, it has been proven to have a 94% efficacy rate and has coldlike side effects.

Although each company's vaccine is unique, they all have similar effects on those whom it's administered to. Many health officials agree: The brand of vaccine doesn't matter; there's no vaccine that's more advantageous than the others. The real issue is getting the vaccine as soon as it's offered.

Bloomberg has published dozens of infographics regarding the vaccine and its success and usage around the world. Most recently, Bloomberg reports that in the U.S., about three million doses are given per day — meaning that herd immunity could be reached by the end of the summer. The World Health Organization describes previous

disease outbreaks, such as Polio and Ebola, and reports that between 60-80% of the area where the outbreak occurred needed to be immune for the disease to stop spreading.

The quickest way to achieve herd immunity is for people to get vaccinated at their earliest convenience. The brand of vaccine doesn't

have an effect on herd immunity, and no vaccine is superior to another in the mission to stop the spread of COVID-19.

Liz Riccio is a sophomore Media arts and design and Psychology major. Contact Liz at riccioem@dukes.jmu.edu.



The debate on what vaccine to get is counterproductive. Hakan Nural / Unsplash



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People, not objects

Culture has allowed for Asians to be fetishized. Marshal Quast / Unsplash

Asian people are too often sexualized, and this constant fetishization is dehumanizing

JULIA CHENG | just julia



"Yellow fever" is a common term coined to describe the fetishization of East and Southeast Asians. The "Lotus Blossom" stereotype that Asian women

are submissive and the colonization of their countries further expands the narrative that Asian women are obedient.

The recent Atlanta spa shooting shows how far fetishization can go. Robert Aaron Long, a white man, stated that he had a "sex addiction" as his excuse for killing eight people. The fact that fetishization plays a role in racism and hate crimes goes to show the dangers it can result in.

Pop culture and media portrays Asian women stereotypically as well. While seeing diversity on-screen is always a plus, Asian women are commonly cast as female robots in movies. In the film 'Ex Machina,' one robot, Kyoko, plays a vital role in the movie, but her character relies on racial stereotypes. In Anna Trowby's article for Varsity, she says Kyoko is "portrayed in a highly sexualized and racialized manner" and doesn't talk at all "to serve the scientist's sexual and material needs." However, another robot, Ava, who's white, is more humanized and is even allowed to "become" human with the scientist's permission. With the media and pop culture adding on to the stereotype of fragile Asian women, it's not surprising to see the frequency of men with "yellow fever."

Another reason why "yellow fever" may be so prevalent today is because of the image of a "Geisha," who historically worked to entertain men. Geishas would seduce men silently, further promoting the stereotype that Asian women are subservient and quiet.

With the West's history of colonizing Asian countries, the white savior complex

plays a role in fetishization. In Samantha Anne McDonough's article from CHS Global about fetishization of Asian culture in the west, she states that the "stereotype was made by and for white men to feed into the western thought 'The Asian people are weak, and we, the white people, will save them.'" While imperialism is problematic for various reasons, it's unfortunate that it plays a role in the fetishization of Asian women.

The rising popularity of anime and K-Pop in the West harbors a culture of fetishization. Engaging in media from other parts of the world is great, but it can go too far when one becomes obsessed with these cultures.

Fanservice, defined as "racy or sexual material which has no relevance to the storyline but is designed merely to excite the viewer," according to Your Dictionary, is common in anime and K-Pop, which can drive super-fans to the extreme. Different Japanese and Korean honorifics are used poorly by people who aren't of those ethnicities, and some have even sexualized honorifics. In the K-Pop world, Asian men are commonly fetishized and, just like Asian women, are dehumanized because they fit a certain look or aesthetic.

Sexualization of Asian women is easy to see during October; costume companies commonly sell Japanese kimonos or Geisha costumes for Halloween. The cultural significance of kimonos and other traditional Eastern and Southeast Asian garb makes it offensive to be reduced to a sexy Halloween costume.

Asian women aren't "temptations," as Long called them. We're real people and are human. Yellow fever isn't just having a preference — it's a real and extreme problem that can result in racial violence against minority women. All we ask is to be treated equally and respectfully. We have no problem with sharing our culture, but it goes too far when culture becomes a sexual obsession.

Julia Cheng is a freshman media arts and design major. Contact Julia at chengjm@dukes.jmu.edu.

On weak foundation

Growing demand and shrinking supply leaves a housing market in limbo



Housing market insecurity reaches all the way out to Rockingham County. Hannah Wolff / The Breeze

By CONNER RILEY
The Breeze

Leading up to the pandemic, the housing market was stable. New home builds — “housing starts” — were increasing, and the average number of days a given house was on the market was declining. The demand behind this was a strong contributor to the increase in housing prices over the last decade. According to the U.S. Census Bureau, the median home price at the end of 2019 was \$329,500 — a 48% increase since 2012.

Yet, home builders were uncertain if the demand would continue. Though it was clear there were plenty of willing buyers in the market, housing inventory was steadily declining and unable to keep up with the strong demand it was facing.

The onset of the pandemic only worsened the lack of supply in the housing market. Nevertheless, though construction companies were forced to halt for a brief period, housing demand remained strong, pushing prices even higher. This article looks at the bull and bear cases for the housing market moving forward.

Bull case: Moving on and moving in

While U.S. housing prices are rising at a significant rate, U.S. housing inventory is declining even more rapidly: Since 2016, it's declined over 60%, and prices have increased 29%. The main risk to the housing market is the dramatic

run-up in prices due to further supply constraints, potentially pricing out of new homeowners' range. However, with millions of vaccines being administered each day, seller sentiment may be due for a shift. More certainty surrounding the pandemic could be the push that homeowners need to sell.

While the pandemic caused minor shifts in short-term trends of the housing market, the overall theme parallels pre-pandemic levels: The demand for homes is far outpacing the current supply. A realtor.com survey found that the pandemic has led 41% of respondents to look at purchasing a home sooner than originally planned; record low mortgage rates were likely a strong contributor. This shows a clear interest from homeowners to begin moving again — a positive sign for a stagnant market.

However, in recent months, the cost of materials for home builders has been rising. Despite this, the National Association of Home Builders' monthly confidence index increased by a point to 83 for April. This confidence is backed by seemingly unwavering demand, even with construction supply chain issues. Alongside this, there's been a strong recovery in U.S. housing starts and authorized permits, exceeding pre-pandemic levels in six months.

Bear case: Growing inflation brings shrinking confidence

The housing market is at an important point, as the house price index (HPI) has surpassed the 2008 housing market collapse by over 25% — on a percent basis, it

outpaces inflation over the same time frame. The recovery of housing prices following the collapse of the market didn't begin until 2012. Since then, HPI has increased 53% and consumer price index (CPI) only 14%.

The house price index is a measure of the average change in house prices in the U.S., and the consumer price index is a measure of the average change in prices of consumer goods in the U.S. — generally used to measure inflation.

The dramatic rate at which housing prices have increased relative to CPI may signal more of a supply crunch than construction workers can keep up with. The inability for home builders to manage demand can be seen in the average number of days a house is on the market — near record lows. While homeowners are staying put, home builders are in a crunch to deliver. While strong demand and lackluster supply may explain the rise in prices, the conditions of a market with such little supply are increasingly uncertain. In recent months, home builders were met with higher costs for supplies, and a subsequent decline in construction of new homes ensued. This calls into question whether home builders can sustain the consistent growth that the housing market needs to stabilize.

In an environment of low inflation, inflation-adjusted home prices are expected to converge with home prices. However, the Federal Reserve has set expectations for inflation at over 2% for the foreseeable future. This could have a profound effect on

home prices and prove to be too much for new entrance into the market. In a recent analysis by Freddie Mac, a mortgage loan company, the U.S. housing market is 2.5 million units short compared to current demand. The shortage is especially prevalent in entry level homes, as millions of younger U.S. residents are beginning to enter prime home-buying age.

Harrisonburg housing

The theme of the housing market reaches all the way out to Rockingham County. Active listings have been declining and prices have been on the rise.

That being said, the state of the market in Harrisonburg is a lot less fragile. Landlords will always be looking for the next opportunity to purchase a house to rent to students, and prices haven't been seeing the same increase that's prevalent across the U.S. However, further decline in listings could push the market into trouble and prices higher, but in its current state, the market looks stable.

It's evident that there are pockets in the market with rising prices contrasted by other areas, such as Rockingham, where supply isn't as much of an issue. Moving forward, it's imperative that prospective home buyers monitor the market, searching for areas that may be less supply constrained.

Connor Riley is a junior finance major. Contact Connor at rileyce@duke.jmu.edu.

Healthcare heroes



Due to COVID-19 safety precautions, students' in-person clinical hours decreased. Photos by Christine Brady / The Breeze

JMU nursing students adapt to changes in learning during the pandemic

Nursing students like Kayla Byron received the vaccine in January.

By **CHRISTINA BUTCHKO**
The Breeze

Over a year ago, the pandemic marked the start of an ongoing quarantine and a fundamental change in how every individual lives their life. A battle fought by many on the frontlines against the detriments COVID-19 began, and healthcare workers were handed the task of accommodating a new population of patients.

These quick changes forced nurses to adapt as quickly as possible to provide care to the multitude of patients being admitted, overwhelming some hospitals who had minimal space and healthcare workers with long hours that seemed to never end.

JMU's School of Nursing has provided thousands of students with the education and experience needed to provide care to all types of patients. Some of these students provided aid to those diagnosed with COVID-19 using this same education.

However, the process of obtaining this education differs from what it once was prior to this pandemic. Brittany Mills, a senior nursing major who was admitted into the program in February 2019, attests to a typical week of pre-pandemic classes.

Mills said classes were typically structured by having two to three in-person lectures alongside clinicals two to three times per week, depending on the semester. Usually, she said, nursing students would have in-person simulations in a simulation lab where they'd work with professors and "high fidelity mannequins" in "very lifelike situations."

Classes were moved entirely online starting in March 2020 — something that became a struggle for many across the university. Professors were suddenly sent in a scramble to find ways to simulate the same in-person experience online. Hybrid learning made its debut starting last fall and returned to an online format within a week.

The spring semester increased class availability

and incorporated hybrid learning, but for nursing students, the in-person simulations never moved back in person — taking away a huge component of a nursing student's experience.

Instead, Mills said, the frequency of clinicals decreased, and some were moved online. Stricter safety precautions were enforced, and necessary protective gear was required for the nursing students and patients, including eye goggles and masks.

Elizabeth Sperapani, a junior nursing major, was admitted into the School of Nursing in February 2020 — less than a month before switching online. She said she believes the JMU School of Nursing has excelled in its ability to accommodate nursing students when in-person experiences were minimal.

"They've done a really good job at making it so we are in person, hands on, as much as we can be and that when we are online, it's still very interactive," Sperapani said. "Compared to other schools, they've fit in so many extra clinical hours, which has been really special."

Nursing students stay at the hospital for around six to 12 hours for their clinicals, starting at various times due to COVID-19-related changes. Clinicals involve taking vitals with a registered nurse (RN) and a clinical technician per patient. The clinical instructors are also in attendance during the time the student nurses are at the hospitals to aid in procedures and processes learned in simulations and lectures.

Mills said one of the pandemic's biggest impacts on Sentara, one of the hospitals used for nursing program clinicals, is that clinical group sizes decreased to around eight, and limitations on congregating in certain rooms and separation at lunchtime were implemented.

Despite these obstacles, Mills said JMU has put its best foot forward in doing what it can to get the nursing students the most amount of clinical time possible.

"I'm super grateful for the JMU Nursing program and what they've done to fill in our

learning gaps," Mills said. "I interviewed for a couple hiring jobs and they asked about clinical hours, and they would respond super impressed because JMU really pushed for us to get into facilities and get experience."

Kayla Byron, a junior nursing major admitted into the program in September 2020, said long hours in the hospital for nursing students are incredibly influential and have been helpful even in their altered form. They're also a critical component for these students to gain experience, knowledge and deeper understanding from hospital staff, Byron said. She said clinicals often provide more than just knowledge and tactical procedures.

"Some days, you may find yourself feeling hesitant or your thought process isn't clear, and having your clinical group and professors support you is empowering," Byron said. "Having the opportunity to work in the clinical setting really helped solidify my confidence that nursing is what I wanted to do."

An important aspect of being able to enter hospitals is safety. Most nursing students were given COVID-19 vaccines at the beginning of January to ensure minimal risk to both the patients and whoever the students come in contact with. Mills said prior to getting the vaccine, going into patients' rooms was often nerve-racking.

"I could be asymptomatic and still spread the virus even with my full protection gear," Mills said. "It made me worried because I was working with very high-risk patients this past fall semester — pregnant women and babies — and having JMU provide me with the vaccine gives me comfort that I wouldn't be putting these patients at risk."

Another major difference in the program caused by COVID-19 is that there's decreased ability for patients to have visitors and restrictions on how long they can stay. Often, patients are left by themselves for large portions of the day, and the student nurses and hospital staff are the only

ones to interact with them — which Byron said has become a major part of the job.

"Even just being able to sit in the room and have patients tell me about their day or the scenery out the window feels really special," Byron said. "Being able to offer a listening ear makes me feel very fortunate, and the patients really enjoy having conversations with the clinical nursing students, which is one of the things I love about doing it."

Because nursing students have significantly fewer patients than RNs, they're not only able to focus on one patient in depth, but they also get to spend more time with the patient and create a relationship.

"You can make such a difference just by giving them the love and attention that they need, which is a major perk about being a student nurse," Sperapani said. "It's really cool when the patients do have a visitor come because you can tell how appreciative the visitor is that we are able to provide company to their loved one that they may not be getting."

With vaccines now being offered to JMU students and people across the country, there seems to be a glimmer of hope that life could return to as it once was. But starting last March, the lives of healthcare workers drastically changed. Despite this new norm, Sperapani said the sacrifices of these individuals has been inspiring for students getting a glimpse at what their future careers could encompass.

"This is what I want to do," Sperapani said. "I want to get in there and get my hands dirty because I know I can help, and I want to be on the frontlines just like they do every day."

CONTACT Contact Christina Butchko at butchkcl@dukes.jmu.edu. For more on the culture, arts and lifestyle of the JMU and Harrisonburg communities, follow the culture desk on Twitter and Instagram @Breeze_Culture.



Bowl & Spoon offers one niche, signature dish – bibimbap. Kim, who's from Korea, said it tastes like his hometown. Photos by Logan Hale / *The Breeze*

By KAILEY CHENG
The Breeze

In less than 10 minutes, Seung Jun ('07) and Kevin An scoop up piping hot rice, topping it with a rainbow of thinly sliced vegetables, homemade kimchi, the customer's protein of choice and a freshly cracked egg. Mini plastic containers of red hot gochujang sauce and sesame oil are measured perfectly to create an authentic Korean taste.

Bibimbap, the traditional Korean rice dish, is the sole item on the restaurant's menu. In Korean, bibimbap means "mixed rice."

"The trick is stirring it real good," Jun says to his customers.

Jun is the owner of Bowl & Spoon, a Korean restaurant that serves bibimbap bowls to the Harrisonburg community. The business opened its doors Jan. 28 and has been thriving on to-go orders ever since COVID-19.

Located at 451 University Blvd. next to Kate's Natural Products, it's a simple space. Only three tables help fill the room, along with an instant ramen stand and a local pottery section. It's spacious, and the two work quietly, but the food speaks volumes.

Even through a mask, one can smell the savory spices of traditional Korean cuisine.

"I had a few customers saying they went to different places in Harrisonburg and tried a similar dish," Jun said. "They said it was different than what they experienced in Korea, and they came here and they said, 'Yeah, this is what I used to have in Korea; this is great.'"

Kyle Kim, a regular customer, said the restaurant immediately gave him a positive impression with its healthy cuisine and good prices. When he and his family got dinner one night, he said the price was great for the portion size.

"I'm from Korea, so I know what the bibimbap is like in Korea," Kim said. "So, this food really just tastes like my hometown."

As a neighbor of Kate's Natural Products, Jun said the property owner wanted a restaurant that served healthy food. He takes pride in his food — Bowl & Spoon offers a variety of vegetables, proteins and no MSGs. He said he tries to cook the rice and vegetables every day to keep everything fresh.

"We're trying to stick to the traditional way, not to, you know, modifying to some fusion food," Jun said. "People like it because they wanted that taste there with the experience they had in Korea."

Jun came to the U.S. from South Korea in 1993, went to Harrisonburg High School and then joined the U.S. Air Force for over four years. He then attended JMU, earned a degree in accounting and worked as a public accountant for over a decade. He said he never thought he'd own his own restaurant.

Working on taxes with the owner of the building he ended up leasing, Jun heard there was a need for a healthy food spot, so he proposed the traditional Korean rice bowl, hoping to add more menu items such as soups in the future.

"I didn't expect myself doing this — I was thinking about someone else," Jun said. "My plan was, if my friends or my friends' parents want to do this, I'll help with accounting and managing the store."

Despite those thoughts, Jun worked in dining when he was in the military and managed the storeroom, so he had industry knowledge and a food service certification. He also found a love for spreading his Korean culture through food and was taught to cook by his parents and girlfriend.

"So, when I see people enjoying the meal, some people try [it] and this is new to them, and when they like it ... I have great pleasure," Jun said. "You know, letting people know and spreading and making people aware of what Korean food is."

Opening during COVID-19 was challenging, Jun said, and some days were slower than others, but the restaurant is still getting noticed and has been doing well selling to-go orders. Jun said that Bowl & Spoon is gaining more customers and regulars every day.

Jun comes in at 10:30 a.m. to prepare vegetables and start the rice. He said he never knows what'll happen each day. He's joined by An, his only employee and a senior computer science major, who helps with preparation.

"I think it's really interesting because I've been in food services before and all I did was just, you know ... sit at the [register]," An said. "But actually doing hands-on preparation for the food is really fun. I get to see how everything is made."

An knew Jun from their Korean church, and he described the Harrisonburg Korean community as

BEST BIBIMBAP IN THE BURG

Bowl & Spoon serves up authentic Korean cuisine

"very small" and a space where everyone knows one another. Jun said that in high school, he, his brother and a few of their friends were the only Korean people in their classes. When he attended JMU, there was a Korean community, but it was barely visible.

"It wasn't easy to make friends," Jun said. "Some people were not aware of our culture. I mean, some people want to learn, like, where I'm from, about my food, culture, but it's different now. JMU has grown so big ... Diversity has grown."

This growth in diversity brings Jun and An pride in the food they serve. Kim added that Bowl & Spoon makes a positive impression on the Harrisonburg community, contributing to the city's diversity.

"They have [the] opportunity to try out the Korean food, which is really similar to our food

back home," Kim said. "So, this is a great place that we can promote our cultures."

Jun said he wants to add more menu items in the future, hoping customers can learn more about the variety Korean food offers, especially with limited options in Harrisonburg. But for now, Bowl & Spoon is keeping it simple with hearty bowls of bibimbap.

"It's delicious," An said. "It has the vegetables, it's got carbs, all the good nutrients with protein. It's healthy, very simple — everything in one bowl."

CONTACT Kailey Cheng at chengks@dukes.jmu.edu. For more on the culture, arts and lifestyle of the JMU and Harrisonburg communities, follow the culture desk on Twitter @Breeze_Culture.



Jun said he learned to cook from his parents and girlfriend, and he enjoys sharing traditional Korean food with the Harrisonburg community.

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Collection of moments

Senior receives grant for
studio recording of song cycle



By **MARIA COPELAND**
The Breeze

When JMU student Anna DeNoia visited the Grand Canyon on a trip with her family over Christmas, she arrived in Arizona as a sophomore who loved music but hadn't pursued it academically when she started school.

She left the Grand Canyon State with a handful of song lyrics, ideas for a return to the world of music and the inspiration for what would become the title of a musical show's first track: "The Arizona Song."

"While I was physically there, just inspired by this place, I wrote down in the notes on my phone the lyrics of that song," DeNoia said.

Over two years later, the song lyrics DeNoia penned on that trip have since developed into a musical production that's reached audiences through TikTok and live performances. Now, DeNoia's project, "Open, Stay," has been awarded a grant from the College of Visual and Performing Arts to fund a studio recording of the song cycle.

DeNoia, a senior theater and writing, rhetoric and technical communication double major from Chicago, said music has long been a hobby of hers. When she first came to JMU, though, none of the academic disciplines she pursued focused directly on music. Her family's trip

to Arizona rekindled her inspiration for lyric writing.

"I started writing these songs, writing music again, until I had the first nine songs of the show," DeNoia said.

"Open, Stay" is a song cycle, which DeNoia described as a subgenre of musical theater. The production has no dialogue, and all of the songs are connected by a theme instead of a plot or a narrative. The theme of "Open, Stay" is relationships, DeNoia said.

"Open, Stay" is a collection of moments from 10 different love stories — beginnings, endings and in-betweens, as well as the moments that come long after we say goodbye," reads a description from the production's website. "It is an exploration of how we love and how we lose one another, all connected to the need that brings us together — the need for each other."

It took DeNoia about six months to completely write the initial set of lyrics. She said she worked on her songs privately until one day, a friend followed her into a rehearsal room and asked to see what she was writing.

"He was just like, 'Wow, you should show these to other people,'" DeNoia said. "At that point I reached out to a bunch of friends that I had in the theater department and asked if they'd be interested. I was surprised to see people say yes almost immediately."



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FOLLOW THE MANIA





DeNoia partnered with junior music composition major Joshua Villa, who worked on the orchestrations for the project. Photos by Becca Gvozden / The Breeze

In 2019, DeNoia, then a junior, and her friends arranged for the first live performance of her songs in a rehearsal room in the Forbes Center for the Performing Arts. They set up chairs, brought in an audience and sang while DeNoia played the piano.

"It turned into an actual performance-based scenario, rather than just me singing in the music building with her, which ended up being even more of a thrill," Diana Suk said.

Suk, a senior theater performance major, sang the title track for "Open, Stay" in the live 2019 performance.

"[DeNoia] told me that this was her favorite song in the song cycle," Suk said. "It was really fun to sing and an honor to be able to bring justice to Anna's work."

DeNoia and her friends recorded the performance, and DeNoia later uploaded the recording to music platforms, including Spotify and Apple Music.

"People wanted to listen to it," DeNoia said. "I was surprised. I was like, 'Oh, you want to listen to it? Awesome!'"

DeNoia then began the process of moving the production forward, which proved challenging in part because she had created the song cycle by ear — without the assistance of music theory or sheet music. However, having the recording of the live performance enabled her to spread the word about her project, she said.

"Open, Stay" began to emerge with another live performance, this time hosted at Millikin University. It was scheduled to be a part of the Richmond Fringe Festival in April 2020, as well

"'Open, Stay' is a collection of moments from 10 different love stories — beginnings, endings and in-betweens, as well as moments that come long after we say goodbye."

Anna DeNoia

"Open, Stay" writer

as a workshop production at JMU. However, due to COVID-19, neither of these events took place.

"All of that timeline seemed very possible and already in my hand," DeNoia said. "And then it just wasn't happening anymore. That was dizzying."

DeNoia said that as she was wondering how to move the production forward amid the pandemic, she decided to start posting videos on TikTok.

"[I] got a way bigger, way more positive response than I was expecting," DeNoia said. "People were really, really, really excited about the show."

After seeing the production on TikTok, some JMU alumni from the theater department reached out to DeNoia. Operating as a performance arts theatre called The Masked Collective, they had a goal of continuing to produce work while theaters were closed, and they wanted to present "Open, Stay" virtually.

"I put out an audition announcement ... on TikTok, and I got a crazy response," DeNoia said. "People were sending in so many videos. We got over 300 from all over the world."

The final cast, made up of people from across the country, rehearsed over Zoom and live streamed the show on YouTube in August 2020.

After that, DeNoia went back to writing — this time, for a grant application from JMU. "I thought, obviously, a studio recording would be the coolest thing ever," she said.

The College of Visual and Performing Arts offers the opportunity to submit a proposal with a detailed budget for grants in up to \$2,000 to be applied to projects. DeNoia had the goal of creating a studio recording, so with that in mind, she drafted her proposal in December and revised it in February.

In early March, she was notified that her proposal had been accepted.

"It was like Christmas," DeNoia said. "I was jumping all over my house, I was so excited."

The grant provides DeNoia with \$2,000 to cover production costs, DeNoia said. "Open, Stay" will go to Virginia Arts Recording, a recording studio in Charlottesville, in late April.

"All of this is a learning experience for me," DeNoia said. "I've never been in a recording studio. There's a little bit of nerves and pressure

that I'm putting on myself to do it right."

In preparation to create the studio recording for "Open, Stay," DeNoia reached out to the music composition faculty at JMU in search of someone to assist with production details. Joshua Villa, a junior music composition major, was informed by his professor of the opportunity and claimed it immediately.

"He gave me her email," Villa said. "I contacted her, and I'm like, 'I don't care what it is, let's just freaking do it.'"

Villa said he worked on the orchestrations for the project, incorporating the different instruments DeNoia wanted to use for the recording and additionally creating sheet music for the song cycle.

"It's something that I've always wanted to do and something that I never thought that I'd even get the chance to do," Villa said.

The studio recording, funded by the JMU grant, will allow DeNoia to audition the song cycle for different productions, and she said she hopes to stage the show at some point.

She'll graduate from JMU this spring, but she said she'll continue to pursue her dreams for this project as she returns to Chicago, her hometown, and works with local theatre companies.

For now, DeNoia said she's excited that JMU not only sees the work she's been doing, but values and supports it. She said she has support from people who are close to her and from people whom she's never met before in her life.

"One of the things that happens that still catches me by surprise is when I hear different people are familiar with the show, like humming one of the songs, or maybe it's stuck in their head," DeNoia said. "When a song plays and my friends know the words, it's just the most insane thing to me."

CONTACT Maria Copeland at copelamt@dukes.jmu.edu. For more on the culture, arts and lifestyle of the JMU and Harrisonburg communities, follow the culture desk on Twitter @Breeze_Culture.



The College of Visual and Performing Arts granted DeNoia \$2,000 to produce "Open, Stay."



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Thursday, April 22, 2021

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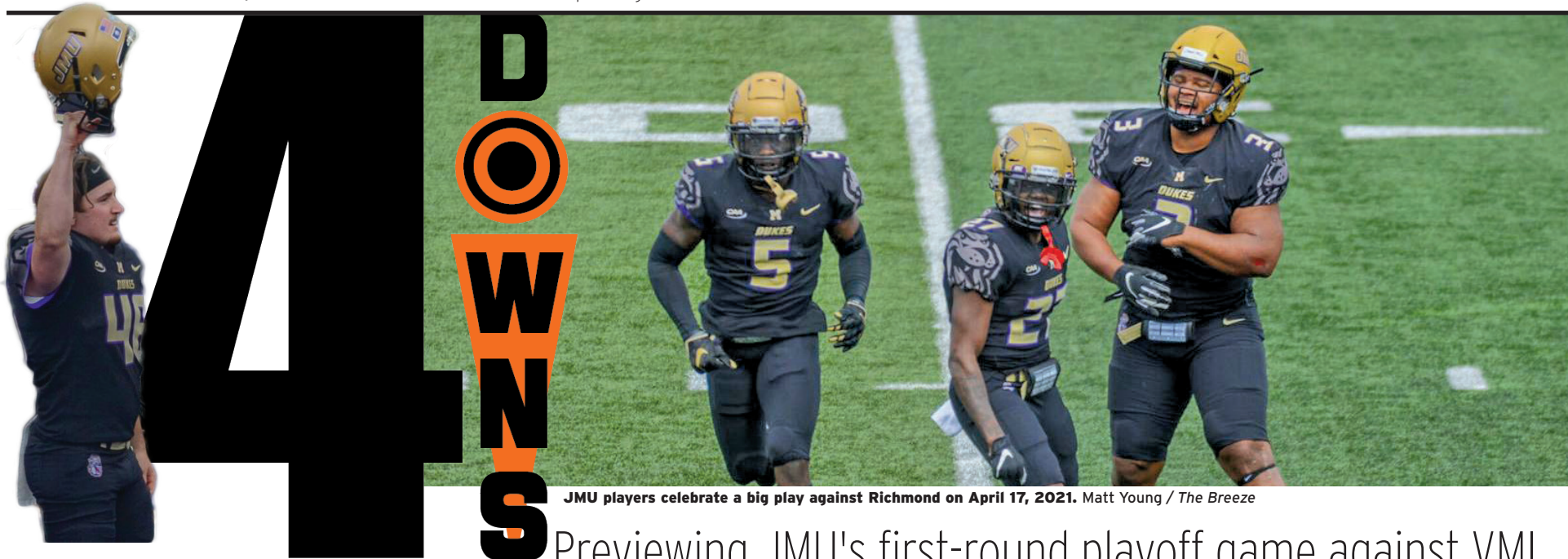


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Thursday, April 22, 2021



JMU players celebrate a big play against Richmond on April 17, 2021. Matt Young / The Breeze

Previewing JMU's first-round playoff game against VMI

By **NOAH ZIEGLER**
The Breeze

January 11, 2020, is a day remembered with heartbreak for JMU football fans.

It's been over a year since the Dukes fell to North Dakota State in the FCS National Championship. It was the second time in three seasons the Bison beat JMU in Frisco, adding to the heartache in the Dukes' failure of a chase for a third FCS title.

In typical JMU fashion, head coach Curt Cignetti took the loss and kept his eyes forward. He looked to find ways to improve in every facet of the ball, but when COVID-19 hit, the 2020 season was in jeopardy. There were doubts that JMU was going to get its shot at redemption.

But the FCS playoff committee unveiled the 16-team bracket for the spring playoffs Sunday, and the anxiety of wondering if there'd be a postseason was gone. It signaled the start of what's set to be a contested field for the 2021 FCS National Championship.

JMU was given the No. 3 seed — albeit controversially — and will host VMI. The schools most recently played in 2009 and have faced off 13 total times, with the Dukes holding a 10-3 series advantage.

1. History makers: Previewing VMI

For the first time in school history, VMI will be playing in the FCS playoffs.

What Keydets head coach Scott Wachenheim has done to turn around a program that hadn't had a winning season since 1981 has earned respect from coaches across the country. Wachenheim was named a finalist for the Eddie Robinson Award, which goes to the FCS coach of the year.

This season has tested VMI, but despite its starting quarterback and preseason SoCon Player of the Year being out for the rest of the season, its offense has kept its rhythm and has even improved.

Finishing 6-1 (6-1 SoCon) and as conference champions, the Keydets lost senior quarterback Reece Udinski against Samford after he suffered a knee injury in the fourth quarter. Up stepped redshirt freshman quarterback Seth Morgan who, with three games remaining in the season, led VMI to the finish line and first-ever playoff berth.

When Udinski went down, he had a 72.1% completion percentage and threw for 1,087 yards, seven touchdowns and two interceptions. VMI was 3-0 and had its sights set on making the FCS playoffs.

Morgan has come in and gone 2-1 to

finish the year, only falling to East Tennessee State 24-20. He's bumped his season total to 1,088 passing yards, eight touchdowns and one interception. He also has the ability to scramble out of the pocket and earn yards on the ground, as the Pittsburgh native has 45 carries and averages 4.4 yards per attempt.

Wachenheim credits the overall stature of the Keydets and said one of the big reasons VMI has seen a turnaround this spring is the presence of upperclassmen in the starting lineups. Instead of relying on freshmen or sophomores, it has experience leading the charge.

"We have the best talent that we've had since I've been here," Wachenheim said to the Roanoke Times. "No. 2, this team truly loves each other. They encourage one another. They hold each other accountable."

Morgan's top target is junior wide receiver Jakob Herres. A fellow Pennsylvania native, Herres has reeled in 67 catches for 807 yards and seven touchdowns. He averages 115.3 yards per game and was named a Walter Payton Award finalist.

The Keydets have two 200-yard rushers: junior running back Korey Bridy (320) and freshman running back Rashad Raymone (210). In VMI's spread offense, the backs are used to exploit a spread-out defense when it anticipates a heavy pass attack.

On the defensive side VMI is led by sophomore linebacker Stone Snyder. The Monacan (Richmond, Va.) product leads the team in tackles (76), sacks (8) and QB hits (4). He's helped by redshirt senior linebacker Connor Riddle's 72 tackles.

"I think it's great to play the best right off the bat, and James Madison University is a traditional rivalry from the past and very close to home," Wachenheim said to VMI Athletics. "I know both teams are excited to play each other, and it should be a great game."

2. Coach's corner: Dukes will have their hands full

For the fourth consecutive season, a Cignetti-led team has made the playoffs. In 2017 and 2018 he led Elon to the first round before he took the JMU job. In his first season with the Dukes, he made an appearance in the national title game.

This year, Cignetti and the team are looking to be the last team standing at the end of a turbulent spring season.

Finishing a perfect 5-0 (3-0 CAA), JMU had a sour end to what's been a prevailing season. It wasn't given the conference title and

automatic qualifier — that went to Delaware — and it fell in the playoff seeding despite having won two games and lost none since the committee released a midseason top 10, where the Dukes were No. 1.

The disappointment was short-lived. While some players took to social media to voice their disagreement with the committee's decision, it quickly turned into business — the team knew its only option was to prove its worth on the field.

"I told the guys yesterday, 'Look, what's behind us is behind us and anything that anybody's feeling right now needs to go into their preparation,'" Cignetti said. "Extra film study, on the practice field, everything needs to be directed toward our preparation for this game because it's all about actions. Words don't mean anything. Everything is earned, not given."

A player that has earned his way back into the lineup is redshirt senior quarterback Cole Johnson. After a lackluster beginning to the season, he was replaced by redshirt junior Gage Moloney, who was named the starter following the 20-17 win over Elon. However, another COVID-19 break prevented Moloney's first career start from happening, and after Johnson lit up William & Mary in late March, the job was his again.

Johnson went 16 of 22 against the Tribe and had 220 yards and one touchdown and has since shown his ability to manage games. He's helped by a group of five running backs who are all capable of quality production, headed by senior Percy Agyei-Obese, who leads the team with 381 rushing yards and five touchdowns.

The defense has been a pleasant surprise for JMU, but it's also been par for the course. After losing many key players to graduation, injury and the transfer portal, the Dukes' defense had to fill in holes with underclassmen and transfers. They've been able to hit the ground running, evident in the team giving up 9.8 points and 175.6 yards per game.

"[VMI's offense] is a little different in terms of how they spread you out and the amount of throws and fast-tempo they play with," Cignetti said. "We're going to have to do a really good job up front of pressuring the quarterback and really have great coverage and tackle well."

Redshirt senior linebacker Kelvin Azanama leads JMU with 22 solo and 34 total tackles, but redshirt junior linebacker Diamonte Tucker-Dorsey is second with 29 total tackles. The two help make up a vital

layer to the defense and perform well when keeping offenses at bay.

3. Players

perspective: Time to earn respect

The players want to prove everyone wrong. It's not a primary focus for the Dukes, but the CAA awarding Delaware the AQ stung and falling to the No. 3 seed did as well. But to be the best, teams have to beat the best, and JMU will have a tough road to Frisco.

"People clearly think that our body of work was not warranting of a No. 1 overall seeding," redshirt senior offensive lineman Truvel Wilson said. "We're using that for motivation going forward — just prove everybody wrong and do what we have to do each week. But, that's not weighing on us too much."

Regarding VMI, Wilson said he's impressed by the Keydets' speed on defense and how well they crowd the ball in tackles. He added that the D-Line shifts a lot, meaning the JMU offensive line will need to look out for rotations and avoid missing a blocking assignment.

Part of not letting opponents through the line is remaining confident as a unit. The offensive line has seen lots of players — including true freshmen — step into big roles because of absences.

For the players who watched NDSU celebrate last January, they want to right the wrong in this year's postseason. It's a feeling Cignetti said the team doesn't focus on at all, but in the back of fans' minds, the hunger for a third title looms large.

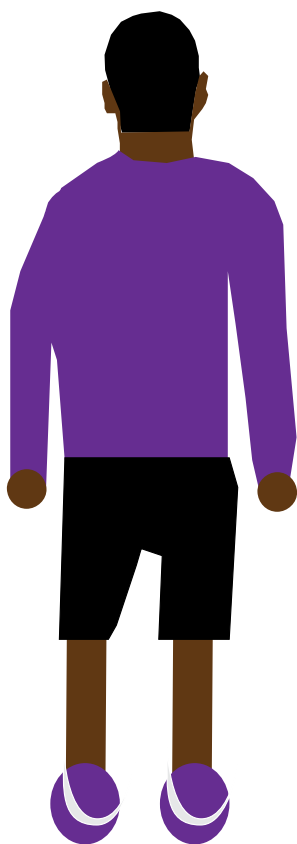
4. (Former) editor's inputs:

This year's team is focused. After the first three weeks of the season, the Dukes showed signs that they wouldn't be as competitive as in years past. Following a three-week COVID-induced layoff, JMU looked like a new team that had a mission.

After being ranked No. 1 in the country for weeks, the Dukes were placed as the third seed in the playoffs. The team felt it deserved a better ranking, but Cignetti will use that to get his team ready for what it's been waiting to do for over a year: win a playoff game.

JMU is locked in on VMI and will overpower the Keydets with a tenacious defense and clinical offense. However, Wachenheim's team won't go down without a fight, and its air game will keep the contest interesting. The Dukes will prevail, 31-17.

CONTACT Noah Ziegler at zieglennh@dukes.jmu.edu. For more coverage, follow the sports desk on Twitter @TheBreezeSports.



GAME
POSTPONED



Two student-athletes arrive at the stadium to see their game has been postponed again.
Graphic by Savannah Reger / The Breeze

Again and again

Dynamic schedule can take a toll on athletes' mental health

By **COURTNEY RYDER**
The Breeze

College athletes wear many hats, juggling rigorous training schedules while being full-time students. COVID-19 added more hats — such as social distancing protocols, weekly testing and a constantly changing schedule — that can make it difficult for athletes to balance it all without their mental health suffering.

JMU lacrosse had a successful preseason with no major hiccups, but its first two games of the season were canceled and postponed. Redshirt senior defender Emma Johnson said those cancellations were a reality check for the team and made them shift their perspective going forward.

“When we have those cancellations, it’s hard sometimes for us to kind of refocus back into our practice every single day,” Johnson said. “There’s so many things we take on every day, and I think that a lot of people look forward to games as just ... a mental break from everything.”

Redshirt sophomore defender Mairead Durkin said she and her team were angry about the canceled and postponed games after they’d been so careful. She added that it’s draining to deal with so many changes.

“It takes a lot out of you, just playing sports in college,” Durkin said. “Add a pandemic and all these new rules and it’s just like, life is so weird, I don’t even know how to act.”

Typically, schedules are planned out at least a year in advance. The pandemic complicated that, leaving Durkin and Johnson with an incomplete schedule after the season had started.

Johnson returned for another season, thanks to the NCAA granting winter and spring senior athletes an extra year of eligibility last year. Because it’s her last

season, she said the scheduling uncertainties are especially stressful.

“I knew that this year was going to be the end, so I do have a timeline of when my time as a JMU Duke is going to end,” Johnson said. “However, I don’t know when that last time my jersey is going to be put on [will be], and to me it’s scary to think about because there’s no definite answer to that.”

Lacrosse head coach Shelley Klaes is a JMU lacrosse alumna who’s spent time in the uniform. She said she’s doing her best to help with the stress and anxiety created from an abnormal season but added that it’s difficult to manage uncontrollable setbacks such as scheduling.

“Mentally, it can be exhausting because you’re literally on a rollercoaster ride,” Klaes said. “I’ve never been in so many conversations where people are just devastated and crying. It’s just really cruel what these girls go through.”

Despite dedicating many hours a week to their sport, athletes are still students and must balance both responsibilities. Athletes work with professors at the beginning of the semester, letting them know when they have to miss a class due to games. Durkin said not having a complete schedule when classes started created challenges for some of her teammates.

“Professors would not be open to having someone retake a test because at the last minute, [there was a game],” Durkin said. “I don’t think they realize it’s caused us a lot of stress, too. It’s not our fault.”

The process of finding out a game has been postponed or canceled can vary for each team. Klaes and baseball head coach Marlin Ikenberry both feel that communication with the team is an important first step.

“Once we find out that it’s been postponed, we get on a Zoom call with the team,”

Ikenberry said. “One of the things we’ve talked about since day one is adversity and how we handle it — the teams that have been the most successful are the ones that can handle the adversity.”

Ikenberry said his main focus is keeping his team focused on the bigger picture because “nothing is normal.” He credits a love for the sport for helping everyone keep their heads up and do what it takes to get on the field.

“I just tell them to control what they can control and just take the punches when they hit you and keep standing up,” Ikenberry said. “Even though we’re not together at times and we have to shut down and things like that, we’re still working and still practicing. I think the love for each other and the love for the game is keeping them in check.”

Like Johnson, redshirt junior catcher Michael Morgan said it’s hard dealing with canceled and postponed games knowing his time as a Duke is coming to an end. He said dealing with the anxiety caused by that can be stressful, and he’s had different feelings this year compared to previous years.

“You just have to find something [positive] to think about and just do the things that you can control,” Morgan said. “It’s really just going to go downhill if you’re [constantly] thinking about all the suspense that goes into it.”

Redshirt junior pitcher Anthony Piccolino said that despite all of the challenges his team has faced, including seven canceled games and three postponed games, he and his teammates have managed to stay in good spirits by remaining optimistic for the future.

“A lot of it is trying to keep everybody positive and ... just keep moving forward and doing everything we need to do,” Piccolino said. “At some point, we are going to get back on the field, and we need to be ready for that.”

For JMU lacrosse, part of being ready to play includes being ready to step into a new position if teammates are quarantined. Durkin said there was a time when both of the goalies were in quarantine, and her teammate had to practice goaltending in case she was put in the net during a game.

“You just have to fill up all these holes that you’ve never been put in before,” Durkin said. “Everyone has to be ready to play any position, which has just never been a thing before.”

Athletes and coaches do their best to stay positive and lean on each other for support. However, all the support in the world doesn’t change how stressful it is being an athlete during a pandemic, Durkin said.

“It’s just so much put on you,” Durkin said. “There’s just so much more responsibilities and ... it’s just so draining mentally.”

Lacrosse’s game against Towson on April 18 honored and brought awareness to mental health within athletics. Morgan’s Message is a non-profit organization in honor of Morgan Rodgers — a former Duke University women’s lacrosse player who committed suicide in 2019 — raising awareness and erasing the stigma surrounding athletes’ mental health. Rodgers’ parents, Kurt and Dona, attended the game and were honorary team captains for the Dukes as they “took a shot at mental health.”

COVID-19 added what may be one of the biggest challenges JMU athletes have had to overcome so far, taking a toll on players’ mental health as they try to fight through it on and off the field.

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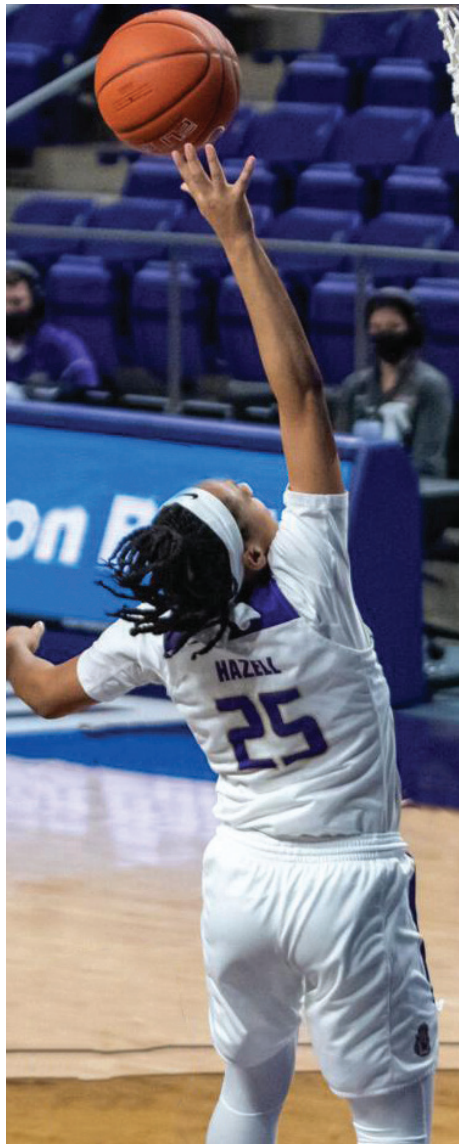
Thursday, April 22, 2021

A NEW WAY OF LIFE

JMU freshmen adapt to the everchanging COVID-19 protocols



JMU women's soccer huddles together.



Freshman Jamia Hazell shoots.

Photo by Christine Brady / The Breeze

By GRANT JOHNSON
The Breeze

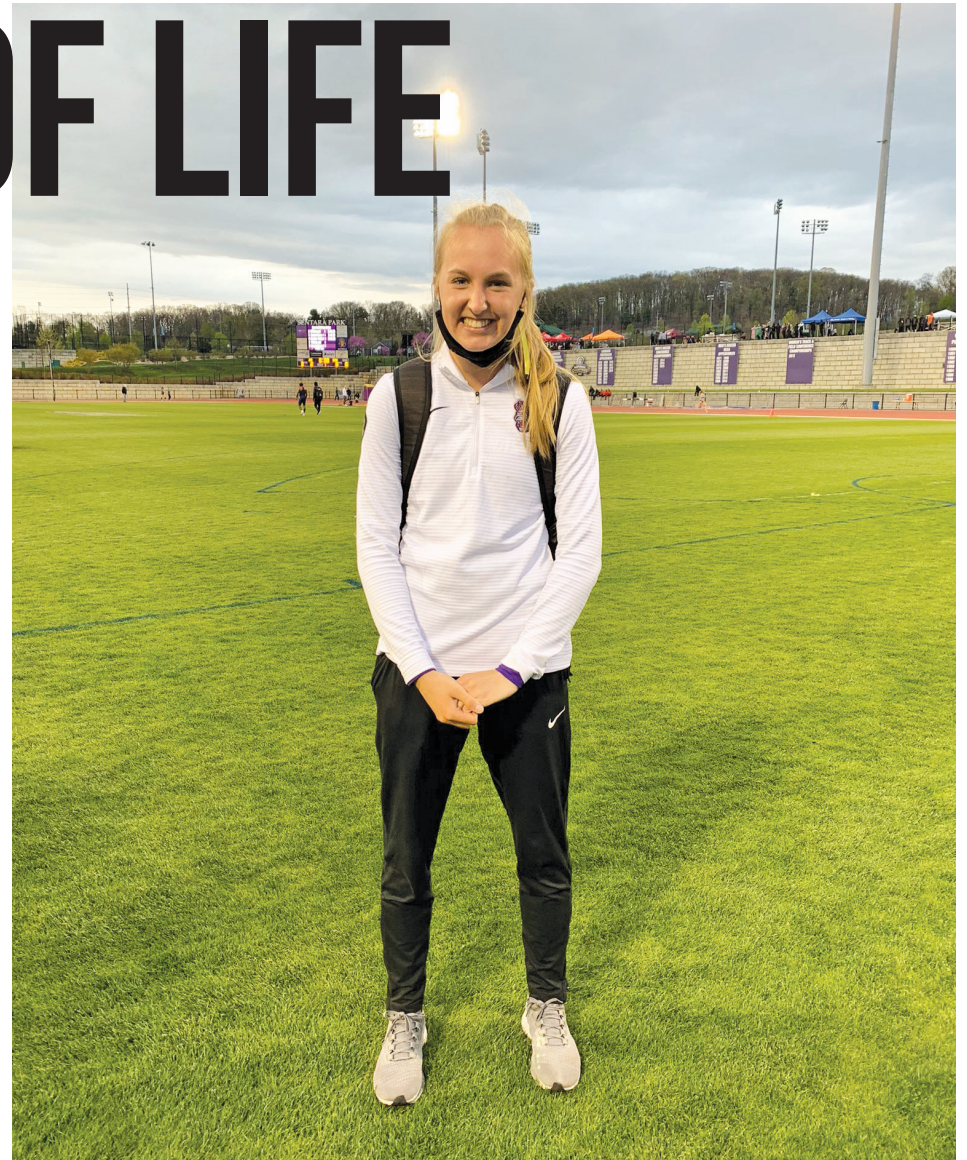
Take yourself back eight months, or a few years and eight months, to the beginning of your freshman year in college. Then, add a global pandemic. Now, imagine you're an athlete and you can only hang out with other freshmen on the team — in a season that's been postponed — when an athletic scholarship is the reason you attended college. On top of this, you're taking COVID-19 tests everyday alongside online classes.

This is what freshman student-athletes across the country, including at JMU, experienced during this whirlwind of a year. In women's soccer freshman defender Ariana Fresquez's case, she went to high school in Arizona. Come summer of 2020, it was time to be thrust into the mountains of Harrisonburg, Virginia, to train for a season that might not even happen while knowing no one on campus other than her teammates when students arrived in August.

Fresquez said she was nervous because her high school in Arizona plays in the winter, so she was wrapping up, instead of ramping up, for a spring season when the pandemic hit in March 2020. Heading into JMU preseason training, butterflies were at a high over what her freshman year could bring.

"It was crazy because coming into preseason, I hadn't played a game in three or four months," Fresquez said. "Then coming into preseason, it was definitely an awkward time and everything was on the edge; we didn't know if we were going to have a season or not, so everything was kind of iffy."

Alongside playing in her first collegiate soccer season, Fresquez dealt with something the rest of the JMU student body had to deal with: online classes. Luckily, Fresquez said she had teammates and a supportive coaching staff to lean on to cope



JMU track and field freshman Paige Miller. / Photos Courtesy of JMU Athletics

with school stressors.

"[My coaches were] accommodating to our mental health and making sure we're good there, and all the upperclassmen are really great with that too," Fresquez said. "[The upperclassmen] always reach out and see if we need anything ... You can always count on [them] to be there for you for your stress."

Freshman track & field jumper Paige Miller, likewise, lived Fresquez's difficult transition from high school to college as a student-athlete amid a pandemic. As a Waynesboro, Virginia, native, Miller didn't experience the same seclusion from her hometown as Fresquez, but she still had to combat the rigor of online school combined with athletics nonetheless.

Like many, online school has been harder for Miller than a standard academic year, which made her first semester especially stressful. But being on a team helped reduce the stress — she said if she wasn't on track, then she'd have nothing to take her mind off school.

To keep the mental burden off the athletes as much as possible, it's been up to the coaches to be cognizant of the stressors outside of the track or soccer field that's put on the athletes. Coaches have made additional efforts to check in with their athletes, and encourage them to talk to family and friends for the support needed.

"My coaches do a really good job making sure we're okay," Miller said. "We have meetings and [the coaches] just check in on the team as a whole ... My teammates are [also] really good about talking, and it's nice because they are really supportive."

Through teammate "bubbles," or pods, that the women's soccer team stayed in to prevent a full-blown COVID-19 outbreak, Fresquez strictly hung out with fellow freshmen teammates off the field. Because of COVID-19 contact-tracing precautions, she wasn't allowed to see her upperclassmen

teammates anywhere else than at practice.

"All of our freshmen, we're a pretty close-knit group, so we're always hanging out and trying to make the most of [the pandemic] because we can't really go anywhere," Fresquez said. "So, we literally just have movie nights and all hang out as a freshman group."

Besides the work put in on the field, teammates can also build chemistry through the bonds formed off it. Beyond her immediate bubble, Fresquez said the togetherness of the team helped mitigate her stress of facing uncharted territory. Since everyone was going through the same thing, Fresquez had people to relate to.

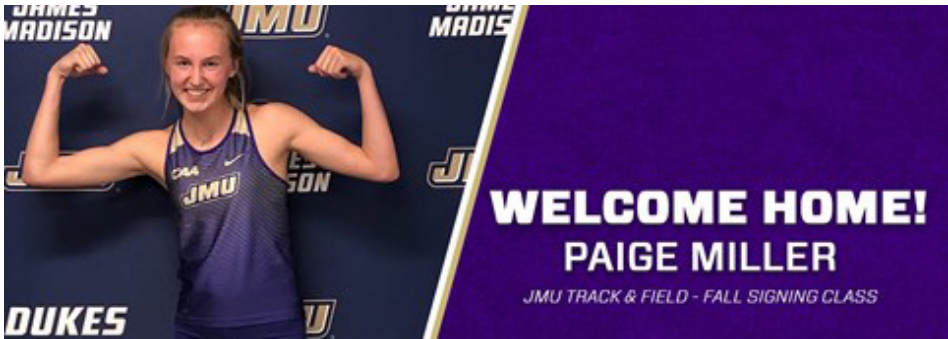
As the student-athletes saw struggles, women's basketball head coach Sean O'Regan said, so too did coaches. He was facing the same unknowns as his players but said he loved the way his freshmen responded to adversity during the season.

"It was funny; I actually think the freshman [couldn't have been] better equipped than everyone else [to handle the pandemic] because they don't know any different," O'Regan said. "Our sophomores, juniors, seniors, they know how regular college life is, they know how regular college basketball is ... So I think it was a benefit for [the freshman], really, to start from scratch."

JMU women's basketball needed to lean heavily on its freshmen this season, as it wasn't a senior-laden team — the Dukes' rotation sported one graduate transfer, forward Anne Diouf, and no seniors on its roster this winter.

Freshman guard Peyton McDaniel and CAA Rookie of the Year was one of the newcomers who needed to step in and play well right away.

McDaniel ended the season second on the team in points per game (12.6) and scored the second most points of any Duke in a game this year when she dropped 30 against George Mason on Dec. 6, shooting 6-for-9 from three.



JMU freshman Paige Miller joins JMU. Photo Courtesy of JMU Athletics

Another freshman, guard Jamia Hazell, was also a major contributor to JMU's production this season. Hazell started in 12 of 24 games, led the team in assists and averaged just under 10 points per game in her debut season at JMU.

O'Regan credited his freshmen's work ethic for being a key reason in the class's ability to come in and contribute quickly. Touting them as "gym rats," O'Regan said his five freshman did a fabulous job figuring out what JMU's program was about and then accepting a role to do what the team needed to win games.

Moving ahead to next season, O'Regan admitted he doesn't know what to expect from the likes of McDaniel, Hazell and the rest of the bunch going into year two. While he said he expects them to maintain a steady course going into their sophomore campaigns, he looks forward to learning about them as individuals off the court — something he hasn't had the chance to see this season.

"I don't really know [the freshmen] socially yet," O'Regan said. "But that's something I'm curious about, moving forward with regular school in session — do they stay that focused on basketball? Which I think they will, but you just never know ... I just don't know the answer."

With Miller and Fresquez also moving to their sophomore campaigns in their respective sports, they have advice for the class of 2025 JMU student-athletes who will be on campus in a few months to utilize off-season workouts. The incoming freshmen have dealt with similar protocols as the current ones, making their adjustments more analogous to the class of 2024 if any lingering COVID-19 protocols still exist in the 2021-22 seasons.

Miller said self-control and belief in herself helped her during the pandemic, and it's advice she'd give to the incoming freshman. Fresquez echoes Miller's sentiments and understands that when the regulations cease, her love for the game and her teammates will be even stronger than before the pandemic — and remembering to make every day a new opportunity.

"Just roll with the punches, the next day even is just so unexpected, just be thankful for every day," said Fresquez. "Even getting out on the soccer field, just being able to practice everyday and be with your teammates and your closest friends — just to be more adaptable and positive through it all."

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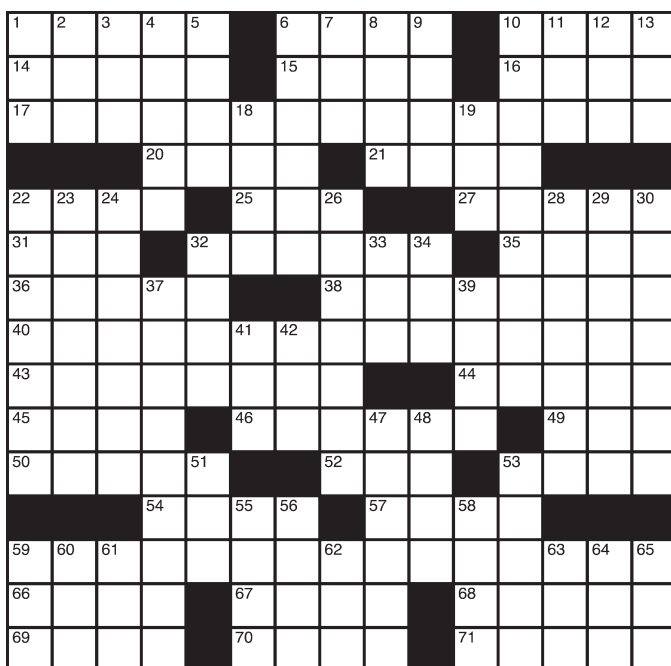
Edited by Rich Norris and Joyce Lewis

ACROSS

- 1 Toddler's call
6 The universal language, some say
10 "Time ___ transfix the flourish set on youth": Shak.
14 Red tide cause
15 Bio, in a way, is aptly part of it
16 Most populous Hawaiian island
17 In the event of a freeze, ...
20 Little pigs or blind mice
21 Smelting residue
22 Lowland
25 Title choice on a form
27 Destroy, as files
31 Bitterroot Range st.
32 Take on
35 Close
36 Rye fungus
38 Underestimate, say
40 In the event of a freeze, ...
43 Shelter securely
44 Tech support callers
45 Like those who leap before they look
46 More evil
49 Brown brew
50 Aerodynamic
52 Parker's wind
53 Ice cream brand
54 Farm skyline sight
57 Sharp barks
59 In the event of a "Freeze!" ...
66 Jug
67 Michael Douglas' middle name
68 Daily delivery
69 Sky and Storm org.
70 Mid-month day
71 Turkey neighbor

DOWN

- 1 Deface
2 Spanish shout
3 Old British sports cars
4 Finish choice
5 Orbital period



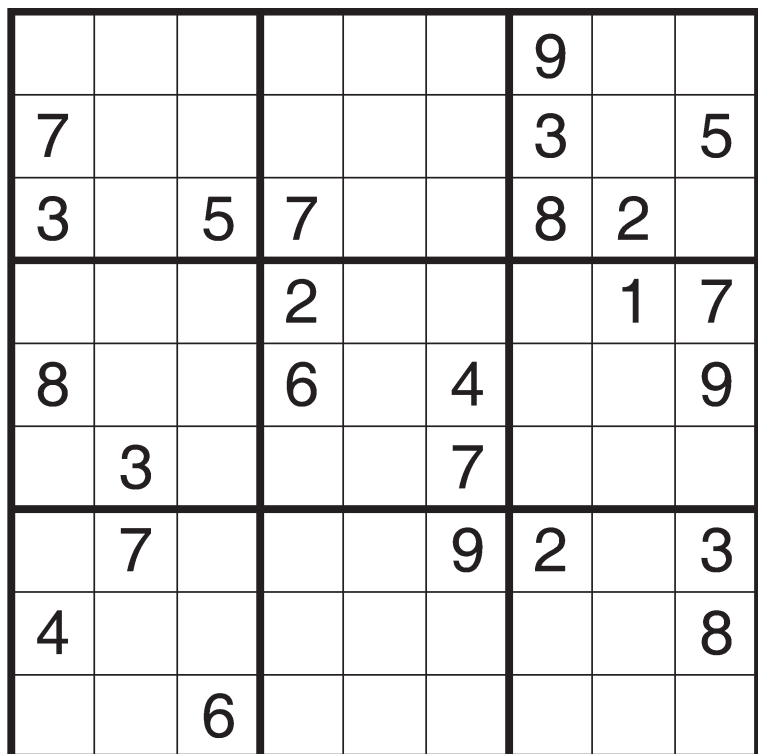
By Grant Boroughs

4/22/21

- 6 Drives
7 Elementary sequence
8 Spanish relatives
9 Web page standard
10 Baker's dozen
11 Cereal grain
12 Start of many band names
13 "Ben-"
18 Crater borders
19 Faux
22 Nielsen ratings units
23 Epinephrine-producing gland
24 "Cooking With Power" author
26 Seasons in the sun
28 Member of a league in a Sherlock Holmes title
29 With enthusiasm
30 Ballroom attire
32 "Love on ___-way Street": 1970 hit
33 Open ___ night
34 Non-native speaker's subj.



- 37 Theater section
39 Soup du ___
41 "What else?"
42 Electronics pioneer
47 Vessels with cockpits
48 Final, say
51 Kipling title orphan
53 A 48-Down may include one
55 Norse prankster
56 Poet banished by Augustus
58 Baby seals
59 Beads on blades
60 Have title to
61 State east of Wyo.
62 Afore
63 First aid skill, for short
64 16-Across garland
65 Timeline section

**MADISON MARKETPLACE**

Madison Marketplace is open for business, and all text-only listings are **FREE!** Post job listings, announcements, rentals and more using our online placement tool. Ads run two weeks online and in two print editions.

JOBS**Travel Specialist - Part-Time**

Do you want a fun part-time customer service position that allows you to interact with patrons visiting the Hardesty-Higgins House Visitor Center/local area? If so, the City of Harrisonburg's Tourism Department's Travel Specialist position may be the right job for you! To find out more/apply online, visit: <https://www.harrisonburgva.gov/employment>. EOE.

**Recreation Aide - Youth Services (Part-Time)**

Do you want to have fun at work while also providing a safe and engaging environment for youth? If so, the City of Harrisonburg's Recreation Aide - Youth Services part-time position may be the right job for you! Find out more and apply online at: <https://www.harrisonburgva.gov/employment>. EOE.

**Office Assistant (Part-Time) in Voter Registration**

Do you want to have fun at work while also providing a safe and engaging environment for youth? If so, the City of Harrisonburg's Recreation Aide - Youth Services part-time position may be the right job for you! Find out more and apply online at: <https://www.harrisonburgva.gov/employment>. EOE.

**Recycling Center Attendant - Part-Time Opportunity**

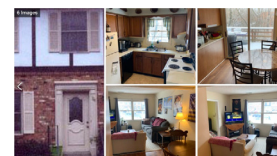
Do you want to utilize your customer service skills to greet and assist residents at the City's Recycling Convenience Center? If so, the Public Works Department's Recycling Center Attendant may be the right job for you! To find out more and apply online, visit: <https://www.harrisonburgva.gov/employment>. EOE.

**SALE****Doctoral Academic Gown**

Academic Regalia: Black PhD Gown with black velvet panels (hood, cap not included). Jostens brand, excellent used condition. Would fit 6' person or can be hemmed. \$80.

**RENT****Town Home for Rent**

Private attractive townhome. Beautifully furnished, knives & forks to furniture. Newly decorated. Walk-out basement. Large deck and Patio. Each bedroom is Ethernet ready. Leases are by the room and are \$295 a month. (\$295 per person for the security deposit). 4-5 bedrooms, 3.5 Bath available August 2021. Call Nancy 540-433-8329



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